

## Significant Differences Between Male and Female High-Schoolers in Howard County in 2021

Indicator	Male	Female
<b>Weight, Diet, Physical Activity</b>		
Did not eat salad in the previous 7 days	48.1	34.2
Ate breakfast on all previous 7 days	35.8	26.7
Physically active for a total of at least 60 minutes per day on zero of the past 7 days	13.6	20.7
Physically active for a total of at least 60 minutes per day on five or more of the past 7 days	47.6	37.3
Attended physical education classes on one or more days in an average week	39.5	19.6
Attended physical education classes daily in an average week	20.7	12.1
<b>Mental Health</b>		
Felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months	26.1	47.7
Seriously considered attempting suicide during the past 12 months	12.0	27.6
Made a plan about how they would attempt suicide during the past 12 months	9.2	21.7
Mental health was most of the time or always not good during the past 30 days	16.3	42.6
<b>Adverse Childhood Experiences</b>		
Lived with someone who was depressed or mentally ill	24.0	38.0
<b>Violence</b>		
Was in a physical fight on school property during the past 12 months	8.8	3.8
<b>Other</b>		
Gambled during the past 12 months	21.5	7.3

 Significantly lower

 Significantly higher

Data Source: Youth Risk Behavior Survey, 2021